

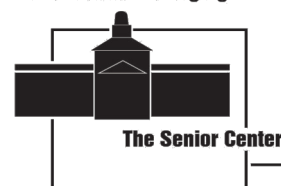
# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #5 Volume VII

City of Newton  
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## September - October 2014

### Our NEW and Improved Lending Library!

The Senior Center is proud to introduce a new and improved library system that will make it easier for you to discover and enjoy books. All books have been organized alphabetically by genre in the Center's upstairs and downstairs spaces. The Center is also still accepting NEW DONATIONS in all categories, so feel free to clear some space off your shelves. The staff would like to thank the several volunteers that have generously spent many hours to help this project become a reality. Our goal is to make the Center and its resources more accessible to a greater number of Newton residents. If you are interested in helping out, please contact Molly Sass, Program Coordinator, at 617-796-1670.



All readers are welcome — we hope to see you soon!

### New Classes and Programs this Fall:

- ◆ History of Math:  
20th Century Breakthroughs
- ◆ MFA American Art: ESOL class for 55+
- ◆ Healthy Living Classes: My Life, My Health and Health Eating
- ◆ Financial Health: Information on municipal bonds and protecting your nest egg
- ◆ Book Talks with Local Authors
- ◆ Library Series: *Living and Aging in Newton*
- ◆ Free tickets to the Museum of Fine Arts
- ◆ New Art, Theater, and Writing Workshops



### Health Fair!

Save the Date:

October 16

9:00 a.m. to 1:00 p.m.

Local vendors,  
screenings,  
a keynote speaker  
and free lunch. See  
more on page 3!



Public Health Nurse Val  
Carroll sharing Summer  
Safety information

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## Photos



Clockwise: Enjoying the Newburyport boardwalk, a cooking class with Whole Foods; hard at work in the Ceramics studio; enjoying the ice cream social from the Lion's Club; a beautiful night for the LGBT barbecue.

## Senior Center Notes

### Alderman Constituent Hours at the Newton Senior Center

*Alderman Vicki Danberg*

Weds. Sept. 17 and Oct. 15: 10:00 am

*Alderman Emily Norton*

Friday, Sept 26 and Oct. 31: 9:00 a.m.

### Dialogue with the Director

Monday, Sept. 22, 1:00 p.m., Tuesday, Oct. 21, 12:00 p.m.

Join Jayne Colino, Director, Department of Senior Services, for an informal discussion.

### Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider our supporters when doing so.

**Boston College Legal Assistance Bureau** serves financially eligible (indigent under federal poverty guidelines) clients of all ages in Newton (as well as Waltham and Watertown) in civil matters, with a concentration on housing, family law, and public benefits (e.g. social security, state welfare, unemployment, MassHealth, SNAP, etc.). New Contact Information:  
Boston College Legal Assistance Bureau  
885 Centre Street  
Newton, MA 02459  
617-552-0248

### The Senior Center will be closed on the following days:

Monday, September 1

Labor Day

Monday, October 13

Columbus Day

### Museum of Fine Arts Passes

We have a limited number of free tickets to the MFA. If you are interested please call 617-796-1660 to put your name on the list for the lottery drawing. Call by October 1. Names will be drawn on October 3 and winners will be called.

### The Center Store seeks donations!

Spring cleaning begins at home! But our store will gladly take your gently used small household items for resale here!

Looking for knickknacks, jewelry, serving dishes and pieces, small artwork. No clothing, glassware, VHS tapes or electronics. Proceeds go towards programming at the Senior Center.

### SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling. See page 11 for more information.

### Senior Center Meals

Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*



## Health and Wellness

### Look Beautiful Everyday

Wednesday, September 3

12:30 – 1:30 p.m.

Give yourself an Eyebrow Lift in 5 minutes! Learn how to choose the best color and shape for your complexion and how to take care of your skin. Learn the art of applying subtle makeup to enhance your natural beauty. Shahla is a certified Paramedical Professional, permanent makeup instructor, and has been featured on Chronicle and other TV shows. Free.

Can't make the first session? Meet Shahla on Wednesday, September 17 from 11 – 12.

### Diabetic Shoe Clinic

Wednesday, September 3

9:00 a.m. – 12:00 p.m.

If Medicare is your primary insurance you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! Amy Baxter, Ace Medical Representative, will be available for 10-minute appointments. **Registration required**, call 617-796-1660.

### Home Safety 101

Wednesday, September 3

2:00 – 3:00 p.m.

The Occupational Therapist Point of View: Tips to be safe in your home and making your living space fall proof. Presented by Sunila Varghese, Director of Rehab at Golden Living.

### SHINE: What You Should Know About Open Enrollment

Monday, September 8

10:00 – 11:00 a.m.

Deluged with paperwork? Join SHINE counselors (Serving Health Insurance Needs of Everyone) for an informational session prior to Medicare Open Enrollment (starts October 15). Make sure you are ready for your Open Enrollment appointment with this helpful presentation on what paperwork to keep and how to review the information from insurance companies. Space is limited! **Registration required**, call 617-796-1660. Free.

### My Life, My Health

Tuesdays, September 16 to October 21, 6 weeks

12:30 - 3:00 p.m.

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges of one or more chronic conditions, or for people living with or caring for someone with a chronic condition. Participants learn techniques to help take control of their health and life, including healthy eating and exercise, how to deal with difficult emotions, relaxation techniques, evaluate treatments, and plan for the future. Brought to you by Springwell, funded in part with a grant from the Tufts Health Foundation.

**Registration required**, call 617-796-1660. Free.

### Nutrition: Fact or Fiction

Tuesday, September 30

12:00 p.m.

Ever wonder if eggs are bad for your heart? How about how to maintain bone health if you don't drink milk? Meghan Ostrander, Registered Dietitian with Springwell, Inc., will talk about current popular nutrition myths during lunch to find out! Come with questions! Free.

### Healthy Eating

Thursdays, begins October 2 to November 13, no class October 16, 6 weeks

9:30 a.m. - 12:00 p.m.

Learn, have fun, and improve your health at the same time. We cover healthy choices in each of the food groups, appropriate portion sizes, and how to read nutrition labels. The class includes a field trip to a grocery store and concludes with the class working together to plan, cook, and enjoy a healthy meal together. The last session will meet on November 13 at 1:00 p.m. for some time in the kitchen preparing our favorite healthy meals. Springwell, funded in part with a grant from the Tufts Health Foundation. **Registration required**, call 617-796-1660. Free.

### Hearing Screening

Thursday, October 9

11:00 a.m. – 1:00 p.m.

Get a free hearing screening with a representative from Mass Audiology. If you already have hearing aids, they can clean them and replace the batteries. Appts are ten minutes. **Registration required**. Free.

### Getting Started: What to Do When Your Family Member has Memory Loss

Wednesday, October 29

12:30 – 2:00 p.m.

This comprehensive program for family members of those who are newly diagnosed with Alzheimer's or a related dementia focuses on getting a diagnosis, understanding and addressing behavior and communication problems, and finding local resources and support. **Registration required**, please call 800-272-3900. Presented by Mike Kincade, Manager of Community Programs, Alzheimer's Association. Free.

## Be Well, Be Strong

Health and Wellness Fair  
Thursday, October 16

**9-11:30 Vendors and Free  
Flu Clinic and Screenings**

Free Flu clinic with the Health Department. Screenings including blood pressure, glucose, hearing, cholesterol Information from vendors Free giveaways from community vendors

**11:45 Keynote Speaker**

**12:30 Lunch  
Provided by our Sponsors**

## Classes

### In Your Words: Memoir Writing

Thursdays, September 18, October 2, 9, 23, 30, November 6, 13, 20

9:45 – 11:00 a.m.

As we live our lives, we tend to reflect on our pasts. Telling your story in your words is a way to order your life by giving meaning to your unique experiences. Help us honor each other's stories in a warm and supportive atmosphere. Program offered through Newton Community Education, please call 617-559-6998 to register.

### History of Math: 20<sup>th</sup> Century math breakthroughs

Wednesday, October 8 and 15

10:00 – 11:30 a.m.

Professor Pete Gilmore returns to teach another installment of his History of Math series. This two-part class will focus on 20<sup>th</sup> Century breakthroughs. This class will look at Georg Cantor's development of the mathematics of infinity, the unschooled Indian genius Ramanujan who did number theory, Godel's theorems on incompleteness in mathematical logic, Abraham Robinson's infinitesimals, the work of Alan Turing on computers (the halting Problem), and some other recent breakthroughs in mathematics. Pete was a mathematics professor at Northeastern University. **Registration required**, call 617-796-1660. Free.

### American Art: English as a Second Language

Wednesdays, October 8 – 29, trip to the MFA on November 5

1:30 – 2:30 p.m.

**For intermediate to advanced over 55 ESL learners.** We will look, discuss and read about art and American history. Learners will be encouraged to participate and some short readings and writings may be assigned to do at home. October 8-29 will meet at the Center. November 5 - private guided tour of the American Wing highlights at the MFA. There is no charge for this tour to class members. **Registration required**, call 617-796-1660. Free.

## Books and More

### Living and Aging in Newton: Now and in the Future

Monday, Sept. 8, Oct. 20, Nov. 17

7:00 p.m.

Never before have we had access to research that can help us understand who we are as a community now and what direction we need to take for the future. The program, the first in a three-part series we're calling *Living and Aging in Newton* cosponsored by the City of Newton Department of Senior Services, will be a panel discussion that will provide an overview of relevant data. **At the Newton Free Library.** Free. Look for more information about upcoming programs.

### Newton Free Library Programs

Monday, September 15

2:30 p.m.

#### September:

Online resource Hoopla: Borrowing FREE video, music and audiobooks from the library with your library card.

### Author Talk: Lillian's Last Affair

Wednesday, September 17

12:30 – 2:00 p.m.

A unique collection of short stories about the love lives of older people Join us for Sue Katz's reading, discussion, and book signing. Light refreshments provided. "If I'm going to go after one more affair of the heart at 84, I'd better get my ass in gear," says Lillian, speaking for all the characters in these six stories. These hilarious and tender stories confirm that age fails to erode our eccentricities or dull our ardor. Sue Katz is a wordsmith and a rebel who is an experienced public speaker. All are welcome! Free.

### Book Club

Friday, September 19 and October 17

10:00 – 11:30 a.m.

In September we will discuss *The Lowland* by Jhumpa Lahiri. In October we will discuss *Burial Rites* by Hannah Kent. In November we'll discuss *The Round House* by Louise Erdrich. All are welcome to one or all gatherings! Free.

### Author Talk: *The Unmaking of a Nun*

Wednesday, October 1

10:30 – 11:30 a.m.

Newton resident Rachel Rosenbaum will talk about her experience in the religious order in the 1950s and 60s and how her memoir *The Unmaking of a Nun* came to be. Forty years since leaving convent, Rachel reflects on her coming of age story, "a search to either reaffirm or reject fundamental beliefs." All are welcome. Free.

## Just For Fun

### Birthday Celebration

Tuesday, Sept 16 and Oct 14

12:00 p.m.

Come celebrate September and October birthdays! Enjoy cake and good cheer! All are welcome. Sponsored by Newton Health Care Center. Free.

### Senior Bikers

Wednesday, Sept. 17 and Oct. 15

10:00 - 11:00 a.m.

Join this group to discuss all things motorcycle. Share new routes and meet people with similar riding styles. Led by Philip Wallas, seasoned biker. All are welcome! Free.

### Sports Talk

Friday, September 26 and October 31

1:00 p.m.

Volunteer Robin (Newton resident and sports enthusiast) facilitates the discussion of teams of yesterday and sports of today. Free.

### Introduction to Jewish Genealogy

Wednesday, September 10

10:00 a.m. – 11:00 a.m.

More and more people are looking for their ancestral history to develop a deeper understanding of who they are and where they came from. Join Cary Aufseeser of the Jewish Genealogical Society of Greater Boston as he presents an Introduction to Jewish Genealogy. **Registration required**, call 617-796-1660. Free.

## Just For Fun cont'd

### Newton Men's Club

*Second Thursday of the month:*

Johnny's Luncheonette, 30 Langley Road, Newton Centre, 9:30 – 10:30 a.m.

*Forth Thursday of the month*

Newton Senior Center, 10 - 11 a.m.

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

### Pizza Party

Wednesday, October 15

11:45 a.m.

Join us for a casual pizza party and stay for popcorn and the movie *The Lunchbox* at 1:00 p.m. Registration required for lunch, call 617-796-1660. Free.

### Cake Decorating

Thursday, October 23

2:00 – 3:00 p.m.

Exclusive cake decorating with chef Michael Gauthier of Golden Living. Cake, frosting, and supplies will be provided. Bring home your cake to share with family and friends. Space is limited! **Registration required**, 617-796-1660. Free.

## Explore the Arts

### Theater Workshop

Mondays, September 15 to October 27

9:00 a.m. - 12:00 p.m.

New day, same great program! Work with monologues, scene studies and try some improvisation. No prior experience needed. Come to explore acting, theater and plays in a supportive atmosphere. Facilitated by volunteers Gerry and Phil Paquet. Free.

### "Radio" Do You Remember When

Fridays, September 5 - October 31

12:30 – 2:00 p.m.

"Radio" is a musical show with singing and acting parts. No memorizing! Join Director Richard Denahey and Musical Director Lila Pradell as we put on a show starring all of you! Performance in the fall. Free.

## Financial Workshops

### Municipal Bonds: Stay Ahead of the Curve

Wednesday, September 10

12:30 – 1:30 p.m.

Municipal bonds may have a place in your investment portfolio if you are seeking to: 1) maximize tax-exempt income; 2) plan for future education expenses; 3) supplement retirement income; and 4) diversify your portfolio. Robert B. Gillen and Zenaida Buena-ventura-Orduna from Morgan Stanley Wealth Management will present. Free.

### Protecting Your Nest Egg

Wednesday, October 22, 2014

12:30 p.m.

Learn how to manage your retirement income. Navigating the changing rules and laws can be challenging and you want the tools to be as prepared as possible. Art and Paul will discuss estate taxes, the probate process, Medicaid and nursing homes, life and long-term care insurance, as well as basic information on trusts and gifting. Presented by Art Paturzo and Paul Sica, Financial Services Representatives from New York Life Insurance. Free.

## iPad and Computer Classes Call 617-796-1660 to register for a one-on-one or the Library class!

### Need help with computers, laptops or iPads?

Sign up with the Front Desk Receptionist for FREE one-on-one tutorials! Our tutors can help with the following:

Basics, Camera, Craigslist, Excel, Email, Facebook, Games, Google, iPad, MAC, PC, Photoshop, Word

**Schedule (not all topics available at all times):**

Mondays: 9:30 - 11:30 am and 2:00 - 4:00 pm

Tuesdays: 9:30 - 11:30 am

Wednesdays: 10:00 - 12:00 am

Thursdays: 1:30 - 3:30 pm

Fridays: 9:30 am - 11:30 am

### From the Newton Free Library: iPad Level 1

Wednesday, September 17, 1-3 p.m.

Monday, October 6, 2:30 - 3:30 p.m.

This class is for beginners, held at the Senior Center. We cover very basic functions of the iPad. Starting with identifying all the buttons and learning terminology. The objective is to make new iPad users more comfortable their device. Space is limited, sign up for either class! **Must Bring Apple ID & Password. Cost: Free**



## Support Groups

### Low Vision

Monday, Sept. 8 and Oct. 6  
1:00 p.m.

All are welcome to this monthly group, sponsored by the Mass. Association for the Blind. For questions or more information, please contact Laurie Werle at 617-926-4268. Yellow voucher transportation and The RIDE are reimbursed at each meeting.

### Stroke Support Group

Mondays, starts Sept. 8  
11:00 a.m. - 12:00 p.m.

Come join us for a Stroke Support Group led by a volunteer facilitator Christie and by several lay-leaders. Caregivers are invited to join the group once a month.

### Parkinson's Support Group

Monday, Sept. 29 and Oct. 27  
10:30 - 11:30 a.m.

People with Parkinson's Disease, caregivers and involved family members are all invited to attend. This group is a forum to discuss PD-related problems, share experiences and learn from one another. Facilitated by Dr. James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

## Movie Matinee 1:00 P.M. WEDNESDAYS

### September 24

**Gravity:** As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth. 2013, PG-13, 91m

### October 8:

**12 Years a Slave:** The autobiography of Solomon Northup, a free black man who was abducted from New York state and sold into slavery in the mid-1800s, serves as the basis for this historical drama. Chiwetel Ejiofor stars as Northup, and Brad Pitt plays an abolitionist. 2013, R, 134m

### The October 15:

**Lunchbox:** When Mumbai's eerily reliable lunchbox delivery service erroneously sends a meal prepared by a young housewife to a lonely widower on the brink of retirement, the mistake ignites an exchange of notes and mutual fantasy between them. 2013, PG, 105m

## Fitness Classes: All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in!

\*\$3 class, °registration required

### Mondays

8:45 a.m. Tai Chi\*  
10:00 a.m. Zumba Gold  
11:00 a.m. Ageless Grace  
12:45 p.m. Beyond Balance°  
2:00 p.m. Yoga: chair  
4:00 p.m. New! Nia

### Tuesdays

9:00 a.m. Aerobics  
10:30 a.m. Muscle Cond.

### Wednesdays

10:45 a.m. Beyond Balance°

### Thursdays

10:00 a.m. Beg. Tai Chi\*  
Sponsored in part by Wingate  
11:00 a.m. Tong Ren  
11:45 a.m. Tai Chi\*  
1:00 p.m. Yoga: chair  
2:00 p.m. Yoga: mats (mats provided)

### Fridays

9:00 a.m. Aerobics  
10:30 a.m. Muscle Cond.

### Beyond Balance, \$50 for 8 weeks

Mondays, 12:45 - 1:45 p.m.

Current class: Sept 8, 15, 22, 29

New class: Oct 6, 20, 27, Nov 10, 17, 24, Dec 1, 8

Wednesdays, 10:45 - 11:45 a.m.

New session: New class: Sept 3, 10, 17, Oct 1, 8, 15, 22, 29

## Art Classes:

Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side!

### Ceramics, \$50 for 8 weeks

Thursdays, 12:30 - 2:00 p.m.

New session: September 4, 11, 18, 25, October 2, 9, 23, 30  
Create 3D platters and sculptures or glaze molded pieces.  
Table top wheel and slab roller now available. Instructed by Bet Lee.

Registration required, call 617-796-1670.

### 2D Open Studio, Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

### 3D Open Studio, Free

Tuesdays, 1:00 - 3:00 p.m.

Bring your own materials and enjoy the creative setting.

### NEW! 4-Week Intensives

Try a new art medium in these four week sessions. Dive into Fused Glass or Decoupage and try new techniques, creating a new item each week. Taught by local artist Suzi Wilder.

**Fused Glass:** Wednesdays, Sept. 3-24, \$80

**Decoupage:** Wednesdays, Oct. 1-22, \$40

Space is limited! Call 617-796-1670 to register.



# LGBT Programs and Events

Lesbian, Gay, Bisexual, Transgender and Friends



## PACT: Pride Aging Community Together

## Entertainment Tuesdays

- **September 23<sup>rd</sup>** – ABCs of Legal Info: Dinner and Panel with Attorney Kristin Shirahama and Ellen Wade (\$6 for dinner)
- **October 28<sup>th</sup>** – Halloween Intergenerational Square Dance Night

**All Tuesday events begin at 6:30 p.m.**

**Location:** Newton Senior Center, 345 Walnut Street, Newtonville

Parking Available in Municipal Lot

MBTA Bus 59 drop off in front of building and MBTA Bus 503 & 504 run down Washington St.

**Monthly Advisory Meetings** – 3<sup>rd</sup> Monday of the month 6:30 pm. All welcome!

**RSVP or have questions?**

Molly Sass, Program Coordinator, 617-796-1670 or [msass@newtonma.gov](mailto:msass@newtonma.gov)

## Transportation Services



### **Our Transportation Programs Expands to 5 days a week!!**

Transportation will be offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. With last year's addition of village centers, the City of Newton is almost totally accessible to you by our transportation program!

#### **Here's where you can go:**

Grocery shopping to any of the Newton markets.

Library - (including Sundays, except in July and August).

City Hall & Newton Senior Center

Medical appointments within Newton

Medical appointments at the following places:

Wellesley – anywhere on Walnut Street, 1, 25, and 27 Washington

Street, 173, 195 and 230 Worcester Street

Chestnut Hill – 830, 850 and 1244 Boylston Street

Faulkner Hospital and St. Elizabeth's Hospital

Houses of worship within Newton for religious services only

Long term care facilities within Newton to visit a loved one (limited to 2 times per week)

Any "Over 55" Parks and Recreation programs throughout Newton

#### **Requirements:**

You must be 60 years or older and a City of Newton resident

#### **Here is how it works:**

Purchase vouchers in advance by either coming into the Senior Center or by mailing a check to the Newton Senior Center, 345 Walnut Street, Newtonville 02460. Include your full name, address and number of vouchers you are purchasing. When the check is received the vouchers will be mailed immediately. A contribution of \$4.00 per voucher is requested, but for those who cannot afford \$4 we can accept no less than \$2 per voucher.

Those who cannot contribute \$2.00 may ask for a Transportation Exemption form from the Center.

You will need one voucher for each ride and rider. Riders are driven on an individual basis either in a taxi or van.

Reservations are required and should be made 3 business days in advance for all destinations except the Newton Senior Center which should be made by 4:00pm of the previous day. **Please call 617-796-1288 to make all reservations.** Riders may be put on a regular schedule for any of the services offered (same day, time and destination, daily or weekly)

All transportation is provided through a contract that the Department of Senior Services has with Veterans Taxi.

**Questions? Please contact Alice Bailey 617-796-1664 or [abailey@newtonma.gov](mailto:abailey@newtonma.gov).**

### **Transportation to Special Events!**

#### **Veteran's Center**

Senior Center, 345 Walnut St.

Tuesday, September 2 and October 7  
5:30 - 8:00 p.m.

#### **Evening transportation to Senior Services programs and trips**

345 Walnut Street

See pages 3-7 for events marked with a star.

#### **Men's Club: Johnny's Luncheonette**

30 Langley Road, Newton Centre

Thursday, Sept. 11 and October 9  
9:30 - 10:30 a.m.

## With Gratitude

Thank you from the Department:

- The Village Bank for the July 2 Summer Barbecue •

Thank you for the following donations:

- In memory of Alice Kaplan: Jean and Ralph Aserkoff, Beverly and Richard Ashworth, Lucy Bedegian, Jonathan and Carol Fine, Dr. May and Arnold Jacobson, Marlene Keliher, Simon Laskey, Doris Lelchhook, Ena Lorant, Linda and Willie Osgood, Sarah Peeke, Philip and Jean Toledo, Peter and Fay Van, George Williamson, Helen Williamsom •
- Anonymous in memory of Josephine and Antonio Nicolazzo • Bea Carp in honor of all of her wonderful friends at the Newton Senior Center • Mary Gusmini in thanks for Durable Medical Equipment • Marjorie Turner Hollman to the Newton Senior Center • Mary Nicolazzo in thanks to Christie Rexford and Outreach •

## Alzheimer's Association Walk



This year, the Alzheimer's Association MA/NH Chapter is sponsoring the Annual Greater Boston Walk to End Alzheimer's at Paul Revere Park, in Boston on Sunday, September 28<sup>th</sup>, 8:00 a.m. The Walk location is new this year and we hope you'll join us for the fun and festivities!

As we know, Alzheimer's Disease is the most rapidly growing disease and affects so many around us – we're looking for the causes, the cure, the best care possible and funding for research that will bring us new knowledge

and needed answers.

to this important cause which will benefit so many!

Register to join the Newton Senior Center team by going to: [Act.alz.org/greaterboston](http://Act.alz.org/greaterboston), click the Register navigation button, then click join a team. Enter Newton Senior Center as team name or contact Jayne Colino for a paper application form.

## Upper Falls and South Side Senior Groups

**Welcome Back!** Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Enjoy these informal gatherings and take advantage of meeting new people in your neighborhood! It's a relaxing atmosphere where there is always something to do.

Upper Falls: Wednesdays, 10:00- 11:30 a.m.

- ♦ Bingo: September 10, 24, October 22
- ♦ Left, Right, Center card game: September 17, October 1, 15, 29
- ♦ Entertainment: Kevin Mac on October 8

South Side: Thursdays, 9:30 – 11:30 a.m.

- ♦ Bingo: September 11, 25, October 9, 23
- ♦ Left, Right, Center card game: September 18, October 2, 16, 30

## Tai Chi for Arthritis: Needham

Carol Rose and Pegg Rowe will return to the area to teach another Tai Chi for Arthritis at the Needham Senior Center (Center at the Heights) on Thursdays from September 18 through November 13 from 10 to 11 a.m. This program is offered through Springwell, Inc. and funded in part with a grant from the Tufts Health Foundation.

Our format for running the class will be to hold the warm up together then break into a beginner and an advanced group. In addition, Newtonites from Upper Falls, parts of Newton Highlands, Oak Hill and parts of Chestnut Hill might find it easier to get to Needham Heights than Newtonville.

For more information or to register for this program please contact the Center at the Heights at 781-455-7555

## Jewish Family & Children Services

### Memory Café

JF&CS Memory Café, first Friday of the month, 10:00 a.m. to 12:00 p.m. 1430 Main Street, Waltham. Enjoy coffee, treats, and conversation with new friends. In July, guest artists Elena Clamen and Esther Friedman will share their art. Co-hosted by the Waltham Student Group of Brandeis University. Free of charge. Meets monthly, usually the first Friday of the month. Contact Beth Soltzberg for information, at 781-693-5628 or [bsoltzberg@jfcscoston.org](mailto:bsoltzberg@jfcscoston.org).

## Veteran's Center

First Tuesday of every month  
Newton Senior Center, 345 Walnut Street  
5:30 - 8:00 p.m.

This regional Veterans Service Center, is a place for veterans of all ages and branches of the service to congregate, socialize, and access a range of services including jobs, education, housing, financial, legal and health among other areas. We hope you will stop in and join us. Residents 60+ can use yellow voucher transportation.





## Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule an Open Enrollment appointment, call the Newton Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

SHINE volunteers will hold an informational session on Monday, September 8 at 10 a.m. See page 3 for more information!

## Healthy Tidbits

**Health & Human Services Department**  
**617-796-1420**

## Do you have an emergency kit and a plan?

Being prepared for an emergency means having a supply kit, an emergency plan and being informed. It may take time for emergency responders to reach everyone who needs help during a disaster. If you have a kit, a plan and are informed, you can take care of yourself until responders are able to provide additional resources.

While preparing may sound overwhelming, you have probably done this if you have stocked up before a blizzard. Being more prepared is about collecting your supplies into one place in advance and reaching out to friends and family who can support your emergency plan. Plan for at least 48 to 72 hours.

Here are a few ideas for an **emergency kit**:

- Water, 1 gallon per person, per day
- Non-perishable food such as canned goods, energy bars and dried fruit
- First Aid kit, whistle, flashlight
- Battery or hand crank radio, extra batteries
- Important documents such as deeds, bank information, identification and wills
- Medication, be sure to rotate the supply
- Pet food and supplies

Here are a few things to think about when making an **emergency plan**:

- Make a paper list of phone numbers, addresses and email addresses of people in your support network. Do not rely on electronics to store information.
- If you use an elevator, consider how you would evacuate if it is unusable.
- Plan with a neighbor to look out for each other
- Choose an out of state contact person for everyone in your network to call. It is often easier to call out of state during a disaster.

# City of Newton Department of Parks & Recreation

**Transportation is now available to all Parks and Recreation “Over 55” Programs.**

*To register or for more information please call 617-796-1506 or visit [www.newtonma.gov/gov/parks](http://www.newtonma.gov/gov/parks)*

**Recreation Celebration:** (September 17th -11:00-2:00) Join us for an end of the year picnic at Crystal Lake. Enjoy food, fun and games. Our crowd pleasing lunch package includes hickory smoked pulled pork, BBQ boneless chicken breast, baked beans with smoked brisket, potato salad, chocolate brownies and ice cold lemonade. Registration is required. Cost \$15.00

**Line Dance Lessons-** Line dance lessons are available at the Lower Falls Communality Center on Friday mornings from 10:30-11:30 am. Dance instructor Nancy DiDuca will dance your morning away. All levels are welcome. Eight week session begins on September 12th . \$5 per class.

**Bowling League-** The fall bowling league will begin on Monday September 8th at Lanes & Games in Cambridge. The cost is \$15 and includes strings, shoes and prize money. Newcomers and substitutes are welcome. Join us this year and we are sure to have a ball!

**Pickleball-** Pickleball is a sport played with wooden paddles and a small, plastic baseball similar to a Wiffle ball. It's a cross between ping-pong and tennis with the net lower to the ground. The best way to find out about it is to join us on Thursday mornings at the Hawthorn Gym! The doors open at 10:00 am. Be sure to check us out this fall!

**Crafts & Sewing Group-** Our craft and sewing group meets on Wednesday afternoons at the Albemarle Fieldhouse. Work on your individual projects in a supportive and social environment.



The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

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### Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

[www.newtonseniors.org](http://www.newtonseniors.org)

Monday - Friday, 8:30 a.m. - 4:00 p.m.



#### Staff, 617-796-XXXX

Jayne Colino, Director, 1671  
Alice Bailey, Executive Administrator, 1664  
Lucy Bedigian, Lunch Site Manager, 1668  
Ken Doucette, Custodian, P.M.  
John Flynn, Custodian, A.M.  
Linda Johnson, Administrative Assistant, 1665  
Kathy Laufer, Clinical Social Worker, 1663  
Molly Sass, Program Coordinator, 1670

#### Council on Aging Members

Nancy Brown	Susan Paley
Audrey Cooper	Carol Rose
Holly Gunner	Carol Ann Shea
Rev. Howard Haywood	Diane Sostek, Vice Chair
Marian Knapp, Chair	

#### Advisory Board

Elizabeth Dugan	Ena Lorant	Nancy Scammon
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Naomi Krasner	Eric Rosenbaum	

#### *Mission*

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

#### *Vision*

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

#### *Statement of Welcome*

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

*The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.*